

UP Down

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Pooi Kuan (MY) - July 2015

Music: Up & Down - EXID



Dance Start after 16 counts.

INTRO (32 counts) / TAG (16 counts) / ENDING (32 counts)

Section I1: Body /Heel Twist Up & Down, Open Apart

1&2& Twist both heel to Left (1), Right (&) with body up, Left (2), Right (&) with body down
3&4& Twist both heel to Left (3), Right (&) with body up, Left (4), Right (&) with body down
5&6& Twist both heel to Left (1), Right (&) with body up, Left (2), Right (&) with body down
7&8 Twist both heel to Left (3), Right (&) with body up, Jump Apart (8)

Section I2: Knee Pop, Chest Pop, Jump together, Forward Walk

1 2 3 4 Pop right knee in, pop left knee in, Pop chest In, Jump together
5 6 7 8 Walk forward on RF,LF,RF, Step LF together with RF

Section I3: Same as Section 1

Section I4: Knee Pop, chest Pop, Jump together, Walk Back

1 2 3 4 Pop right knee in, pop left knee in, Pop chest In, Jump together
5 6 7 8 Walk back on RF,LF,RF, Step LF together with RF

DANCE (32 counts)

Section 1: Small Hop to R, Touch, Hip Roll, Touch, Turn 1/4L Bend Knee, Up, 1/2R Turn

1 2 3 4 Small Hop to Right, Touch LF to L, Roll Hip anticlockwise (change weight to LF), Touch RF beside LF ,
5 6 7 8 Turn 1/4L with bend both knee down & Up, Turn 1/2R, step RF to R

Section 2: Paddle Full Turn

1 2 3 4 Step RF Forward, Turn 1/4L, Step RF Forward, Turn 1/4L,
5 6 7 8 Step RF Forward, Turn 1/4L, Step RF Forward, Turn 1/4L,

Section 3: Big Step to Right, Step in Place, Kick Ball Touch, Big Step to Left, Step in Place, Scuff Out Out

1&2 3&4 Big Step RF to R, Step LF, RF in place, Kick RF forward, Step on ball on RF, Touch LF beside RF
5&6 7&8 Big Step LF to L, Step RF, LF in place, Scuff RF, Step RF to R, Step LF to L

Section 4: Touch Forward, Twist, Step Forward, Pivot 1/2L turn, Big Step, Step together

1&2&3&4& Touch RF Forward twist right heel out, in 4x
5 6 7 8 Step RF Forward, Pivot 1/2L Turn, Big step RF Forward, Step RF together.

INTRO : Facing 12:00

TAG : Dance After wall 3 facing 3:00, dance 16 counts then start dance again

ENDING : Dance after wall 8 facing 12:00

~~~ Enjoy! ~~~

Contact: Christy\_338@yahoo.com